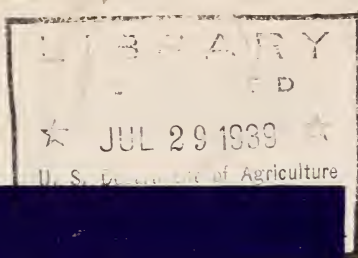


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# Poultry Cooking



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# BROILING

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**C**HICKEN or other young birds are best broiled at moderate heat. To keep the temperature moderate in a flame-type stove, regulate the heat by hand after turning the thermostat to its highest point so that it will not function at this time. If the heat is still too intense, move the broiler pan farther away from the flame.

Some electric ranges are equipped for both high and low temperature broiling, and the switch is so marked. With the usual electric range, variations in broiling temperature are obtained better by placing the broiler pan farther from the source of heat than by use of the thermostat.

## *Broiled Chicken*

For broiling select plump young chicken, not over 2½ pounds dressed weight. The smaller sized broilers are often split down the back only, and broiled whole. Larger birds are split down both back and breastbone, so that each half makes a serving.

Broiled chicken is easier to manage on the plate if the joints are broken and the wing tips removed. Or with practice and a sharp knife broilers can be boned completely.

Before cooking wipe the chicken as dry as possible. Then coat with melted fat, sprinkle with salt and pepper, and if desired dust lightly with flour.

Start the cooking with the chicken skin side down on the rack of the broiler or in a roasting pan several inches from the source of heat. Keep the heat very moderate for even cooking.

Turn the chicken several times as it browns, and baste frequently with the pan drippings or with other melted fat.

A 2-pound chicken (dressed weight) will probably need from 30 to 45 minutes when broiled at moderate heat, in order to be thoroughly done to the bone. The slow, even cooking keeps the juices in the meat while the outside takes on a delicate brown.

Serve broiled chicken hot off the grid, with the pan drippings or melted fat poured over it. Garnish with toast points and a sprig of parsley or cress.

If more convenient, cook chicken partly done in the broiler and finish in a moderate oven. Or start it in a moderate oven, and finish under the broiler.

## *Broiled Squab, Duckling, or Young Turkey*

Plump squabs, ducklings, or fat young turkeys are broiled like chicken. The same rules hold: moderate heat . . . start skin side down . . . turn when brown . . . baste with melted fat . . . cook slowly until thoroughly done . . . serve at once, hot and juicy.

The time for broiling differs of course with the weight of the bird. A squab from ¾ to 1 pound (dressed weight) will probably need from 30 to 40 minutes . . . a 2½-pound duckling, 35 to 45 minutes . . . a 3½-pound young turkey, 45 to 60 minutes.



# FRYING

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## *Fried Chicken . . . Shallow Fat*

For pan frying in shallow fat, disjoint and cut up plump young chickens into serving portions.

Before cooking, wipe the chicken as dry as possible, season with salt and pepper, and roll in flour. Or dip in egg beaten with a tablespoon of water and coat with very fine dry bread crumbs or corn meal.

Have ready a thick skillet or chicken fryer with a half inch or more of fat heated to frying temperature, but not to the smoking point.

Put the thickest pieces of chicken in the skillet first. Leave space for the fat to come up around each piece; do not crowd.

Cover, cook at moderate heat, and turn when brown. The thickest pieces of a 3-pound chicken (dressed weight) need from 20 to 25 minutes if fried entirely on the top of the stove.

Many cooks prefer to finish fried chicken in a moderate oven (300° F.) . . . particularly when cooking several birds and skillet space is limited. Shift the well-browned pieces to a pan with a rack to let the fat drain through, cover, and let the cooking continue until no pink remains near the bone. Serve with cream gravy made with the pan drippings.

## *Cream Gravy*

To every 2 tablespoons of fat in the skillet allow 2 tablespoons of flour, cook for a few minutes, stir constantly, add 1½ cups of milk, and cook until thickened. Season to taste and serve hot.

## *Fried Chicken . . . Deep Fat*

Chicken for frying in deep fat is generally cut into quarters and dipped in thin batter (1 egg, ¾ cup milk, 1 cup sifted flour, ½ teaspoon salt). Or, if preferred, use an egg-and-crumb coating.

Have the deep kettle of hot fat ready—any fat suitable for deep frying, heated to 350° F., and enough of it to cover the chicken without overflowing the kettle. A deep-fat thermometer clipped to the side of the kettle is a great help in getting the fat to the right temperature.

Lower the chicken, piece by piece, carefully into the hot fat, but do not overcrowd the kettle. The temperature of the fat will immediately drop below 350° F. Regulate the heat so as to fry the chicken at 300° to 325° F.

In 10 to 15 minutes, with the fat this temperature, the quarters of a 2½-pound chicken (dressed weight) should be done . . . crisp and golden brown, ready to drain on absorbent paper, and serve on a hot platter . . . with or without corn fritters or other garnish.

Instead of keeping the chicken in the fat until thoroughly done, many cooks like to take out the pieces as they brown, drain them on absorbent paper, and finish in a moderate oven (300° F.).



# ROASTING

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## *Selecting the Bird*

Select a young, plump, well-fattened bird. For each person to be served allow  $\frac{3}{4}$  to 1 pound in the dressed weight of chicken, guinea, or turkey (that is, picked but not drawn and including head and feet). A 15-pound turkey makes about 20 generous servings. When selecting a fat duck or goose, allow from 1 to  $1\frac{1}{2}$  pounds (dressed weight) per person.

## *Preparing the Bird for the Oven*

Pull out the pin feathers. Singe off the hairs over a flame quickly so as not to darken or scorch the skin. Cut off the head and feet. Scrub the bird with a wet cloth and a little corn meal. Rinse thoroughly and wipe the bird dry. Cut off the oil sac on the top of the tail. Save the giblets to stew for the gravy.

In drawing the bird, first cut the skin at the back of the neck, slip it down, and carefully remove the crop without tearing the outer skin. Then cut the neck off short, and save it for making broth to use in the gravy.

When drawing turkeys, chickens, or guineas, make the cut cross-wise of the body no longer than necessary; and leave a band of skin and flesh under the tail so that the legs can be securely tucked in after the bird is stuffed. The legs of ducks and geese are too short to tuck in, so make the cut for drawing them lengthwise of the body.

## *Stuffing and Trussing*

When ready to roast the bird, sprinkle the inside with salt, and fill the body cavity with stuffing, but do not pack. Stuffing swells as it cooks so give it plenty of room to expand.

Put the stuffing in hot if the bird is to be cooked at once. If it is more convenient to stuff the bird the day before, put the stuffing in cold and keep the bird well chilled. If held overnight the bird absorbs some of the flavor of the stuffing.

To hold in the stuffing at the tail, slip the heel of a loaf of bread into the opening. Then tuck the legs under the band of skin, and put in a few stitches with soft white twine to help hold the legs in place. Or tie the legs close to the body.

Next stuff the loose skin at the base of the neck, again putting the stuffing in without packing it tight. Fold the neck skin toward the back and fasten with a skewer or with a few stitches.

Fold the wing tips back on the wings, "arms akimbo" fashion. Or cut off the tips and tie the wings close to the body. Do not run string across the breast for it will leave marks on the surface.

Then rub the stuffed, trussed bird all over with butter or other fat, sprinkle with salt, and if desired dust lightly with flour.





# ROASTING

## *The Bird in the Oven*

Place the stuffed and trussed young bird breast down on a rack in a shallow, not a deep, pan. Do not add water and do not cover. Keep the oven temperature moderate to slow according to the dressed weight of the bird. See the timetable below.

Start roasting the bird with the back up and breast down. Keeping the back up most of the time allows the thighs to cook thoroughly without cooking the meat away from the breastbone.

Every half hour, turn small- or medium-sized birds and baste with the pan drippings or with melted butter or other fat. Turning every hour is sufficient for very large birds when the oven is slow—250° to 275° F.

To keep from breaking the skin in turning, lift the bird at the head and foot, with clean folded cloths to protect the hands. To test for "doneness," run a steel skewer or a cooking fork carefully into the thickest part of the breast and into the thigh next to the breast. If the meat is tender and the juice does not show a red tinge, the bird is ready for the carver's knife.

## *Timetable for Roasting Young Birds*

	Weight <sup>1</sup> of bird	Oven temperature	Time
	<i>Pounds</i>	<i>°F.</i>	<i>Hours</i>
Chicken.....	4- 5	350	1½-2
Duck.....	5- 6	350	2-2½
Goose.....	10-12	325	3-4
Guinea.....	2- 2½	350	About 1½
Turkey.....	6- 9	325	2½-3
	10-13	300	3-4
	14-17	275	4½-5½
	18-25	250-275	6-8

<sup>1</sup> Dressed weight, that is, picked but not drawn, and including head and feet. Drawn weight is about a fifth less than the dressed weight.

## *Giblet Gravy*

Simmer the giblets (liver, gizzard, and heart) and the neck in a quart of water for about an hour, or until tender. Drain the giblets, chop them fine, and save the broth.

Skim off excess fat from the drippings in the roaster. Leave about ½ cup, and stir in 6 tablespoons of flour. Then gradually add the cool broth and enough more cold water to make a thin, smooth gravy. Cook for 5 minutes, stirring constantly, and add the chopped giblets. Season to taste with salt and pepper. Add chopped parsley, if desired.



# STUFFINGS

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All poultry stuffings are built on the same general pattern. First, there is a starchy base . . . bread crumbs . . . flaky boiled rice . . . well-seasoned mashed potatoes.

Second, melted butter or some other good-flavored fat is added for richness.

Then comes the seasoning. Among the herbs savory, sweet marjoram, thyme, and sage are favorites. There are also the seasoning vegetables . . . celery, parsley, and onion.

Other interesting additions to stuffing are nuts, oysters, mushrooms, dried apricots, prunes, or raisins, sausage, diced salt pork fried crisp, and tart apple cubes candied with sugar.

To make good crumbs for the "dry" type of stuffing, use medium dry bread . . . 2 or 3 days old. Cut each loaf in two and "fork" out the inside, leaving the crusts. Pick the pieces of bread apart with the tips of the fingers, until all crumbs are fine and even in size.

The following stuffings are typical of many that might be made and are suitable for any bird. Simply adjust the quantities according to the weight of the bird you are cooking.

## *Savory Stuffing*

(10- to 12-pound turkey)

2 to 2½ quarts bread crumbs	1 pint chopped celery
¾ cup fat, butter and turkey fat	1 to 2 teaspoons savory seasoning
1 small onion, chopped	1 to 2 teaspoons salt
½ cup chopped parsley	Pepper to taste

In the melted fat cook the onion, parsley, and celery for a few minutes. Add the bread crumbs and seasonings and stir all together.

If desired, add nuts . . . chestnuts . . . hazelnuts or filberts . . . pecans . . . pine nuts . . . blanched almonds. To prepare the chestnuts, boil them in water to cover for 15 minutes, and peel off the shells and brown skin with a sharp knife while the nuts are still hot.

## *Rice and Apricot Stuffing*

(5-pound duck or chicken)

3 cups flaky, boiled rice	1 cup chopped celery and tops
3 tablespoons butter or other fat	½ teaspoon savory seasoning
1 small onion, chopped	¼ pound dried apricots
1 sprig parsley, chopped	Salt to taste

Cook the onion, parsley, and celery for a few minutes. Add the rice and other seasonings. For the apricots, wash and dry them first, then cut into strips with the scissors, and mix with the rice and seasonings.





# BRAISING

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## *Braised Fowl with Corn-bread Stuffing*

Prepare and draw a fowl as if for roasting, and tuck the legs into the band of skin under the tail.

Place the bird breast up on a rack in a large kettle to steam partly done. Pour in boiling water up to the rack, not over the bird. Cover the kettle, and let the water boil gently. Add more boiling water from time to time.

After about 1½ to 2 hours, remove the bird from the kettle and stuff.

To make corn-bread stuffing for a 5-pound bird, cook about 1 cup of mixed chopped celery, parsley, and onion for a few minutes in 6 tablespoons of butter or other fat, and add 1 quart of corn-bread crumbs. Season to taste with salt and pepper, and from ¼ to ½ teaspoon of thyme. If more stuffing is desired to bake separately, double this recipe.

After the bird is stuffed, brush with fat, sprinkle with salt, and with flour also if desired. Place the bird on a rack in a roaster, add about 1 cup of the broth, and cover the roaster. Cook in a moderate oven (350° F.) from 1½ to 2 hours or until the bird is tender. Occasionally turn the bird for even cooking.

To the extra stuffing, add an egg and moisten with broth. Drop by spoonfuls into a greased pan, brown in a hot oven, and serve these crusty patty cakes with the braised bird and gravy made from the broth and pan drippings.

To braise other birds that are past their prime for roasting, follow the same general method as for a fowl. A 10- to 14-pound turkey will probably need from 2 to 3 hours of steaming, followed by 3 to 4 hours in a covered roaster, with the oven temperature about 325° F.

## *Casserole Fowl with Vegetables*

4- or 5-pound fowl	1 onion
Salt and pepper	1 green pepper
2 tablespoons butter or other fat	1 cup hot water
3 carrots	1 cup milk
1 bunch celery	1½ tablespoons flour

Cut up the fowl, season with salt and pepper, dust with flour, and brown in the fat. Remove the browned pieces to a casserole.

Pour the chopped vegetables into the frying pan and let them absorb the browned fat. Then transfer them to the casserole, add a cup of hot water, and cover.

Cook in a slow oven (275° F.) for 3 hours, or longer if the fowl is very tough. Add more water from time to time if necessary.

Just before serving, remove the pieces of fowl, and add the blended milk and flour. Cook for 10 minutes longer, season to taste, and pour the vegetable sauce over the fowl, or replace it in the sauce and serve from the casserole.



# STEWING AND STEAMING

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For stewing or steaming, prepare an old bird as for roasting.

To stew, place the bird on a rack in a kettle, half fill with water, partly cover, and simmer until the bird is tender. Simmer, do not boil.

To steam, follow the same general method except keep the bird breast up all the time, and add water only to the level of the rack. As it boils away add more to keep a good circulation of steam around the bird all the time. A fowl may need 3 to 4 hours to cook tender . . . an old turkey, 5 to 7 hours or longer.

Or, to cut down cooking time, steam an old bird under pressure, according to directions that come with the cooker.

Cool a stewed or steamed bird in the broth, breast down, in a cold place. The cold place is important because warm broth spoils easily.

## *Savory Creamed Chicken*

4-pound fowl	Flour
1 cup chopped celery and leaves	$\frac{1}{2}$ to 1 cup cream
$\frac{1}{2}$ cup chopped onion	Salt and pepper
$\frac{1}{4}$ green pepper, chopped	Tabasco sauce, if desired

Stew or steam the fowl until tender. Skim the fat from the broth, remove the chicken meat from the bones, and cut it into uniform pieces.

Brown the celery, onion, and green pepper in 4 tablespoons of the fat removed from the chicken stock.

Measure the broth. There should be about 1 quart. For each cup of broth measure 2 tablespoons of flour. Mix the flour to a smooth paste with the cream. Add to the hot broth, stirring constantly, and cook until thickened.

Add the chicken, vegetables, and seasonings, and serve hot in a rice or noodle ring . . . in patty shells . . . on waffles . . . on crisp toast . . . or in toasted bread baskets.

## *Other Good Ways*

### **For those who like it hot**

- Chicken shortcake—hot biscuits filled with savory chicken.
- Chicken and spaghetti scallop—topped with buttered crumbs and oven browned.
- Chicken pie—under a lid of biscuit rounds or mashed potatoes.
- Curried chicken—with flaky boiled rice.
- Chicken croquettes—with green peas or asparagus.

### **For those who like it cold**

- Chicken salad—with hard-cooked eggs and crisp celery.
- Club sandwiches—with a slice of tomato and crisp bacon.
- Jellyed chicken aspic—on a bed of cress.

